

# Workshops

## January 2015

★ **Lehi Employment Center**  
**557 W. State St. • Lehi**  
**801-360-3925 - Denise Francis-Montaño**  
**801-360-9523 - Jessica Campbell**

Register for  
reserved seating.  
Walk-ins  
welcome.



- Our workshops are designed to give you the skills necessary to succeed in a highly competitive job market.
- No-cost workshops are open to all job seekers.
- Register at [jobs.utah.gov](http://jobs.utah.gov), or speak with an employment counselor.
- Workshops start on time. Late-comers will be asked to reschedule.

Job Seeking Skills	
RESUMÉ WRITING:	
January 12	1:00 PM–4:00 PM
January 26	9:00 AM–12:00 PM
INTERVIEWING SKILLS:	
January 14	9:00 AM–12:00 PM
January 28	1:00 PM–4:00 PM
JOB SEARCHING WITH TECHNOLOGY:	
January 7	1:00 PM–3:00 PM
January 21	9:00 AM–11:00 AM
NETWORKING STRATEGIES:	
January 5	10:00 AM–12:00 PM
January 20	1:00 PM–3:00 PM
WORK SUCCESS ORIENTATION:	
January 5	8:30 AM–9:00 AM
January 12	8:30 AM–9:00 AM
January 20	8:30 AM–9:00 AM
January 26	8:30 AM–9:00 AM
EMPLOYMENT ESSENTIALS:	
January 13	9:30 AM–11:30 AM
COMMUNITY NETWORKING:	
January 8	10:00 AM–11:00 AM
January 22	10:00 AM–11:00 AM

**RESUMÉ WRITING:** Learn how to write and design a cutting-edge resumé and cover letter or power up a current resumé to get that interview. This workshop is designed for customers who are ready to write a resumé and start actively job searching.

**INTERVIEWING SKILLS:** Learn to be confident in an interview, research employers, market your skills and answer questions to enhance interview effectiveness.

**JOB SEARCHING WITH TECHNOLOGY:** Learn tools and tips to navigate a successful online job search, including use of electronic job boards, online applications and sending or posting resúmes. Basic computer skills required.

**NETWORKING STRATEGIES:** Learn how to design and implement a networking plan.

**WORK SUCCESS ORIENTATION:** Learn more about the intensive 2-4 week job search program, Work Success.

**EMPLOYMENT ESSENTIALS:** Learn strategies and tips to develop better job searching skills, skills identification, networking, resumé writing and interviewing skills.

**COMMUNITY NETWORKING:** Build your network, develop your job search plan, receive career guidance, learn and develop various job-seeking skills, gain confidence in your abilities, listen to guest speakers and learn which employers are hiring and what they expect.

continued

Workforce Services • [jobs.utah.gov](http://jobs.utah.gov)



*Equal Opportunity Employer/Program*

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240.  
 Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.

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### Life Skills

#### BUDGETING AND REBUILDING YOUR FINANCES:

January 15	1:00 PM–3:00 PM
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#### ASSERTIVE COMMUNICATION:

January 29	9:00 AM–11:00 AM
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#### FOOD SENSE - USU EXTENSION

January 7	10:30 AM–12:00 PM
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**BUDGETING AND REBUILDING YOUR FINANCES:** Learn how to budget, save, repay debt and build credit.

**ASSERTIVE COMMUNICATION:** Learn communication styles, how to be direct, listening skills, expressing thoughts and feelings, personal rights, how to power up your language in interviews, conflict management and positive and negative feedback strategies.

**FOOD SENSE - USU EXTENSION:** Healthy Eating on a Budget. Learn how to make a food budget last all month long, plan and create a menu, shop from a list, save money on food and eat healthy. Food demonstration provided to learn how to prepare food in an easy, quick and healthy way.

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